

RSE Scheme of work - KS2



Theme:	Key learning Outcomes:		
	Year 3	Year 4	Year 5/6
Relationships	<ul style="list-style-type: none"> •Who is special to me in my family? •Family trees •How can I be a good friend? •How do my actions affect others? •Working with a partner, in a group, and being a good team member. 	<ul style="list-style-type: none"> •How are other families different to mine. •Who do I look after/ care for? •What helps people get on with each other? •Why do friendships change? •How can I make up with a friend I have lost? •What does bullying mean? •The conventions of courtesy and manners. 	<ul style="list-style-type: none"> •What can I give and take from a relationship? •Different types of relationships. •Accepting differences. •Why are some parents married and some not? •What is love? How do we show love? •What should I do if someone is being bullied or abused? •How have my relationships changed as I have grown up?
My Body	<ul style="list-style-type: none"> • Name public and private body parts. •What can we do to make some tasks private? 	<ul style="list-style-type: none"> •How are boys and girls different? (external) •Physical abilities and disabilities. •We are all different. Is it okay to be different? •Should girls and boys behave differently? 	<ul style="list-style-type: none"> • How race, culture and faith affect how we view our bodies. •Changes in our bodies. •Ownership of your own body. •How boys and girls differ (Internal) •Menstruation •Masturbation
Life Cycles	<ul style="list-style-type: none"> •How has my body changed since I was a baby? •What happens when we get old? Aware that living things die. 	<ul style="list-style-type: none"> •Know that all lifecycles have a beginning middle and end. •How do different animals have babies? •Eggs and sperm/ male and female 	<ul style="list-style-type: none"> •The human life cycle and reproduction. •How do we look after babies before and after birth? •Giving birth •Contraception/ birth control.
Keeping safe and people who help me	<ul style="list-style-type: none"> • Where are safe and private places at home/ school? •What is a 'stranger'? •Where do I go to get help? •Staying safe in the environment. •Road Safety. 	<ul style="list-style-type: none"> •Who can I confide in? •Should we have secrets? •Staying safe versus taking risks. •The power of saying 'NO' •Making effective decisions/ choices. •Maintaining safety online. 	<ul style="list-style-type: none"> •Who should I be intimate with? •The difference between good touch and bad touch. •Abusive relationships •Hurt feelings and physical violence. •Resisting pressure to do wrong. •Making sensible judgements.

			<ul style="list-style-type: none"> •Where can I find info about growing up? •Safe online relationships.
Looking after myself	<ul style="list-style-type: none"> •Good and bad habits for my growing body? •What can I do all by myself? •A healthy diet. •Identifying what makes me feel happy. 	<ul style="list-style-type: none"> •Keeping clean •Rules - why do we have them? •How can I stay healthy? •What do I do if I am ill? •How do I tell someone if I am feeling sad or anxious? 	<ul style="list-style-type: none"> •Can relationships be harmful? •Personal hygiene. •Looking good and positive self image. •Substance/ alcohol abuse. •The development of hobbies and interests that support positive well being.
Feelings	<ul style="list-style-type: none"> •Loss - losing a pet or toy which we care about. •Celebrations and special times. •How do I know how other people are feeling? 	<ul style="list-style-type: none"> •Loss - losing a loved one. •Feelings in families; love and jealousy. •Assertive expression and self belief! •How can I say 'no' to someone without hurting their feelings? •Build up 'feelings' vocabulary. 	<ul style="list-style-type: none"> •Feeling alone or isolated. •How we feel in difficult situations. •Managing feelings. •How do I behave if my family/ friends don't feel the same way that I do? •Feelings about the future. •Changing feelings with puberty. •What are sexual feelings?